



# **My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It**

*Nanette Gartrell*

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- Are you afraid you'll hurt the people you care about if you say NO to them?
- Can you set limits when employees neglect their responsibilities? How about with your boss?
- When friends ask you to do something you don't want to do, do you invent an elaborate excuse?
- Do you have a hard time saying NO to an invitation even when you're completely exhausted?
- Do you have trouble even practicing the sentence "No, Mom, I just can't make it home this holiday"?

If any of these scenarios sound familiar, keep reading - you need this book...

No is a very simple word -- two letters, one syllable. Yet many women have a hard time saying it without feeling anxious or guilty. *In My Answer Is NO...If That's Okay with You*, award-winning psychiatrist and author Dr. Nanette Gartrell takes a fresh look at why even the most powerful, accomplished, and successful women find it difficult to say no and offers a revolutionary approach to setting limits without jeopardizing important relationships.

Today women are bombarded with messages like "put yourself first" and "stop being a people-pleaser." But this sort of advice is useless to women who value the caring and generosity that prompt them to say yes in the first place. Through personal interviews with a diverse group of talented women, including CEOs, celebrities, physicians, and public officials, Dr. Gartrell shows that women's reluctance to say no stems from valuable traits that they should embrace, such as empathy, sensitivity, and thoughtfulness. With humor and wisdom, Dr. Gartrell reaffirms the psychological importance of compassion and feeling connected, which can often lead a woman to say yes rather than no in order to preserve a relationship or spare someone's feelings. Through entertaining anecdotes and insights from her years of clinical practice, Dr. Gartrell teaches women to honor their best instincts while still maintaining boundaries. *My Answer Is NO...If That's Okay with You* offers creative, practical ways to transform an automatic or reluctant yes into a healthy, respectful no -- and still feel good about it.

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#### **Rebecca Kurtz:**

Have you spare time to get a day? What do you do when you have more or little spare time? Yep, you can choose the suitable activity for spend your time. Any person spent their particular spare time to take a move, shopping, or went to often the Mall. How about open or perhaps read a book called My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It? Maybe it is to get best activity for you. You already know beside you can spend your time with your favorite's book, you can better than before. Do you agree with its opinion or you have other opinion?

#### **Wesley Powell:**

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#### **Steven Young:**

In this age globalization it is important to someone to get information. The information will make you to definitely understand the condition of the world. The fitness of the world makes the information much easier to share. You can find a lot of recommendations to get information example: internet, classifieds, book, and soon. You can observe that now, a lot of publisher this print many kinds of book. The book that recommended for you is My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It this e-book consist a lot of the information from the condition of this world now. This kind of book was represented how can the world has grown up. The terminology styles that writer require to explain it is easy to understand. The actual writer made some exploration when he makes this book. Honestly, that is why this book acceptable all of you.

#### **Donald Ventura:**

Is it a person who having spare time subsequently spend it whole day through watching television programs or just telling lies on the bed? Do you need something totally new? This My Answer is No . . . If That's Okay with You: How Women Can Say No and (Still) Feel Good About It can be the answer, oh how comes? It's a book you know. You are thus out of date, spending your free time by reading in this new era is common not a nerd activity. So what these ebooks have than the others?

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